

Keeping It Up! Tips

Healthy habits are important for those diagnosed with diabetes or heart disease. The process of making healthy habits a permanent part of your life takes place in stages. The process can take some people longer than others, so be forgiving and flexible with yourself when you feel discouraged. The key to staying motivated is to frequently review the goals you have set and to replace them with new ones as you complete them.

Keep It Up System

The overall goal of keeping up a healthy lifestyle is often overlooked. Your first step should be to focus on the fact that your ultimate goal, at all times, is to be healthy and feel good. Remember that you will experience obstacles, barriers, and setbacks – it's a reality and will happen. Remember the strategy you learned to anticipate possible barriers, come up with prepared solutions, and apply them.



To keep up your healthy habits, it is important to take a mentally firm approach toward sustaining your healthy lifestyle and improving it. The old saying “mind over matter” holds true here. Do this by first thinking about habits that you know will fit in well with who you are and how you live. Think of factors like your strengths and the difficulty of the new habit. Find a certain time in your schedule that is just for your new healthy habits, whether it's ‘every morning before my shower’, ‘during my lunch break’, or ‘weeknights at 8.’

Be honest with yourself and make goals for each week, month, or year and look at them daily to motivate yourself.

Keep It Up Steps

1. **Find the reasons!** Why are you doing what you're doing? If you ever feel stuck or unmotivated, think of the payoffs you will receive as a result of making these changes. It may take some time for them to come to you but keep at it until you realize them and they will bring your motivation back. It may take some time to see the results of your hard work, but when you do you will feel even more motivated.

-Some examples of good reasons:

- Personal gain - you will learn something new or improve yourself in a certain way.
- Family – to set an example for your children or have a longer, healthier life for your grandchildren.
- A feeling of accomplishment – you will be able to walk away feeling great about finding the motivation and courage to improve yourself.



2. **Make it fun!** Attitude is everything and if you enjoy something, it is easier to stick with it! Ask yourself a few questions, such as:
 - How can I enjoy keeping up this healthy habit?
 - What can I do to make this habit fun for myself and for others?
 - How can I make this habit be the best part of my day?
3. **Mix It Up! Take a different approach.** If you really want to accomplish your goal or maintain your healthy habits that you have worked so hard to start, there is always a way! Usually, there is more than one way. Maybe focus on one aspect of your health for two weeks, another for a week, and a few for the next week. Keep yourself on your toes so you don't get bored with being healthy! Make being healthy fun!

I CAN!

CHALLENGE

4. **Think positive!** Practice positive thinking and replacing negative self-talk and thoughts with good messages. Remember that people who set short and long term goals, get support from others, overcome barriers, and reward themselves have a greater chance of maintaining healthy habits.



5. **Give yourself credit!** Recognize your progress and remember that all you have been working on can be easily broken down into smaller goals. Most people want changes to come all at once, but that's not the reality of it. It's important to always take small steps and recognize the progress you have made.